

Yoga Sīkshaka
**YOGA TEACHER'S TRAINING COURSE
(YTTC)**

COURSE SYLLABUS

Syllabus set in tune with
QCI- Ministry of AYUSH, Govt. of India
Indian Yoga Association, Govt. of India

SECTION 1

1.1 Introduction to Yoga and Yogic practices

Etymology of Yoga and definitions of Yoga in different Classical Yoga texts

- Brief introduction to origin, history and development of Yoga
- Aim, Objectives and Misconceptions about Yoga
- General Introduction to Shad-darshanas with special reference to Sankhya and Yoga
- General introduction to four paths of Yoga

1.2 Familiarity with the four schools of Yoga

1.2.1. Jnana Yoga

Sadhana Chatushtyam - Viveka, Vairagya, satsangata, mumukshutva

- Stages of Jnana Yoga practice (shravana, manana, Nidhidhyasana, Jnana)
- Stithaprajna Lakshana

1.2.2. Bhakti Yoga

- Navavidha Bhakti
 - Qualities of a Bhakta
- * The pronunciation, chanting, knowledge, benefits of Sanskrit chants, hymns, bhajans
Satsang and the uplifting meaning of the chants helping to thin the activities of the mind
Mantra chanting and their effect on the nadi and the chakras
- Demonstration ability to create a bhakti bhava during the chanting and singing

1.2.3. Karma Yoga

The concept of Karma Yoga

- Prerequisites for a sthita prajna
- Sthitaprajna lakshana
- The law of karma

1.2.4. Raja Yoga

Concepts and principles of Patanjala Yoga Ashtanga Yoga

- Concepts and principles of Hatha Yoga (by swatamarama)
- Seven major chakras and its correlation to states of consciousness
- The concepts of ida, pingla & sushumna the central channel of energy running along the spine.

1.3 Introduction to Yoga Scriptures

1.3.1 Introduction to Hatha Yoga

Distinction between Yoga Asana and Non-Yogic physical practices

- Introduction to important hatha Yoga parampara, Hatha Yoga Texts with special reference to Hatha Yoga Pradipika and Gheranda Samhita

Concept of Yogic Diet as per Hatha Yoga

- Causes of Success (Sadhaka Tattwa) and Causes of Failure (Badhaka Tattwa) in Hatha Yoga Sadhana

Concept of Ghata and Ghata Shudhhi in Hatha Yoga

- Purpose and utility of Shat-kriya Hatha Yoga
- Purpose and utility of Asana in Hatha Yoga
- Purpose and importance of Pranayama in Hatha Yoga

Concept of mitahara, pathya, apathya, types of Yoga aspirants

Shatkarma, asanas, pranayama, bandhas, mudras, pratyahara, dhyana and Samadhi as described in Hatha Yoga Pradipika.

1.3.2 Introduction to Patanjali

- Definition, nature and aim of Yoga according to Patanjali
 - Concept of Chitta and Chitta Bhumis
 - Chitta-vrittis and Chitta-vrittinirodhopaya (Abhyasa and Vairagya)
 - Concept of Ishwara and Ishwara Pranidhana
 - Chitta Vikshepas (Antarayas) and their associates (Sahabhuva)
 - Concept of Chitta Prasadana and their relevance in mental well being
 - Kleshas and their significance in Yoga
 - Ashtanga Yoga of Patanjali: its purpose and effects, its significance
- a) Yoga anushasana b) Concept of citta c) Citta vritti d) Citta prasadana e) Panch Klesha

1.3.3 The Bhagavad Gita

The context of the Bhagavad Gita

Concept of Yoga in Bhagavad Gita

Principles and concepts of the streams of Yoga as per the Bhagavad Gita

The concept of Karma, sthitha prajna, Bhakti in the Bhagavad Gita

1.4 Gurus and Masters

1.4.1. Familiarity with the concepts of teacher, guru, master, lineage

1.4.2. Familiarity with the contribution of the yogis like • Patanjali • Adishankaracharya

- Swami Vivekananda • Aurobindo & other Yogis of recent past

SECTION 2

2.1 Introduction to Human Anatomy & Physiology as needed for Yoga

- The nine systems of human body
- Functions of different systems of human body
- Introduction to Sensory Organs
- Neuromuscular co-ordination of Sensory Organs
- Basic understanding of Exercise Physiology
- Homeostasis
- The benefits of various asana on different parts of the human body

- The limitations and contra-indications of specific Yoga practices
- * b. Familiarity with the effects of Hatha Yoga as compared to other forms of exercise - on the joints, bones, muscles, heart, brain and so on, and therefore on health and well-being.
- c. Familiarity with the benefits of various asana on different parts of the human body

2.2. Yoga for wellness- prevention and promotion of positive health

- Health, its meaning and definitions
- Yogic conceptions of health and diseases
- Concept of Pancha kosha, Panchamahabhutas, Concept of Triguna
- Yogic principles of Healthy-Living

2.3 Yoga and stress management

- Human Psyche: Yogic and modern concepts, Behavior and Consciousness
- Frustration, Conflicts, and Psychosomatic disorders
- Relationship between Mind and Body
- Mental Hygiene and Roll of Yoga in Mental Hygiene
- Mental health: a Yogic perspective
- Prayer and meditation for mental health
- Psycho-social environment and its importance for mental health (yama, and niyama)
- Concept of stress according to modern science and Yoga
- Role of Yoga in Stress management
- Role of Yoga for Life management

2.4 Obstacles in Yoga Practice

- a. Familiarity with obstacles in Yoga practices
- b. Familiarity with limitations and contra-indications of specific Yoga practices

2.5 Yogic Diet

- a. Familiarity with the Triguna based food
- b. Familiarity with an Ayurvedic approach to diet and nutrition; and the ethical & spiritual reasons for a saatvik vegetarian diet.
- c. Familiarity with the different diets, and its effects on the anatomy and physiology, Yogic diet – a lacto vegetarian, saatvik approach to food.
- d. Familiarity with the benefits of Yogic diet on the physical and mental well-being and as an enabler for further practice of Yoga

2.6 Psychology

Familiarity with

- a. Concepts of cognition, perception.
- b. Theories of cognition and non-cognition
- c. Personality traits and classification
- d. Familiarity with the Indian Psychology as per Bhagavat Gita & Patanjali Yoga Sutras

SECTION 3

3.1 Sukhshma Vyayama & Breathing Practices–

The movement of key joints of the body and the demonstration ability to perform the same

- i. Neck
- ii. Shoulder
- iii. Arms
- Trunk
- iv. Knee
- v. Ankle

Vi.10 Breathing Practices – Standing, Sitting and Supine

3.2 Shat Kriya/ Karma

- Neti
- Dhauti
- Kapalabhati
- Agnisaara Kriya
- Trataka

3.3 Surya Namaskara

Different variations of Surya Namaskara with Beeja Mantras

Knowledge and Demonstration ability to perform Surya Namaskara.

3.4 Yogasanas

- a. In-depth knowledge and demonstration ability of 80 postures.
- c. Knowledge of the Sanskrit names of the postures and breathing exercises, detailed benefits and caution.
- d. Knowledge of the five spinal movements – inverted, forward, backward, lateral twist and lateral bend and neutral positions of the spine.
- e. Knowledge of 360 degree, all round, Yogic exercise through the practice of asanas, proper relaxation, proper breathing, contra-indications, cautions and medical considerations; obvious and subtle benefits; and modification in basic postures to accommodate limitations.

<p>Sukshma vyayama</p>	<p>Toes Movement Ankles Rotation Knees Rotation Hip Rotation Waist Rotation Fingers Movement Wrist Rotation Elbows Movement Shoulders Rotation Neck Movement Eye Rotation</p>										
<p>Breathing Exercise</p>	<table border="0"> <tr> <td>Active Inhalations</td> <td>Active Exhalations</td> </tr> <tr> <td>Ankle Stretch</td> <td>Lateral bending</td> </tr> <tr> <td>Hands in & out breathing</td> <td>Spinal twist</td> </tr> <tr> <td>Hands stretch breathing</td> <td>Parallel Twist</td> </tr> <tr> <td>Front & Back Bending</td> <td>Side Twist</td> </tr> </table>	Active Inhalations	Active Exhalations	Ankle Stretch	Lateral bending	Hands in & out breathing	Spinal twist	Hands stretch breathing	Parallel Twist	Front & Back Bending	Side Twist
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<p>Spinal Exercise</p>	<p>Vyagra Swasa Urdhva Prasarita Padasana Pavana Muktasana Setu Bandhasana Jathara Parivartanasana</p>										
<p>Surya Namaskara</p>	<p>Namaskarasana Urdhva Hastasana Padahastasana Eka PadaPrasarnasana Dwi PadaPrasarnasana Sastanga Namaskara Bhujangasana Budarasana Eka PadaPrasarnasana Padahastasana Urdhva Hastasana Namaskarasana</p>										
<p><u>Asana Series</u> Vrksasana Series</p>	<p>Tadasana Parvatasana Ardha Kati Chakrasana Padangusthasana Padahastasana Vrksasana</p>										

<p>Trikonasana Series</p>	<p>Utkatasana Garudasana Utthita Hasta Padaangusthasana Ardha Chakrasana</p> <p>Utthita Hasta Parsva Hasta Padasana Trikonasana Parsvakonasana Parsvottanasana Parivrtta Trikonasana Virabhadrasana A Virabhadrasana B Prasarita Padottanasana</p>
<p>Sirsasana Series</p>	<p>Uttanasana Adho Mukha Svanasana Adho Mukha Virasana Sirsasana(6steps) Sasankasana</p>
<p>Chakrasana Series</p>	<p>Bhujangasana Salabhasana Bheksana Dhanurasana Makarasana Vajrasana Virasana Parighasana Ustrasana Supta Virasana Paryankasana Setu Bandhasana Chakrasana Rocking & Rolling Jathara Parivartanasana Supta Padanagusthasana Navasana</p>
<p>Paschimottanasana Series</p>	<p>Dandasana anantasana Urdhva Hasta Dandasana Paschimottanasana Purvottanasana Janu Sirsasana Maricyasana A</p>

	Parivrtta Janu Sirsasana Ardha Padma Paschimottanasana Trianga Mukhaikapada Paschimottanasana Kraunchasana Baddha konasana Upavistha Konasana Gomukhasana Padmasana Tolasana	
Ardha Matsyendrasana Series	Bharadvajasana A Maricyasana C Ardha Matsyendrasana	Vakrasana
Mayurasana Series	Mayurasana Kakasana Adho Mukha Svanasana Vasisthasana	Hamsasana
Sarvangasana Series	Sarvangasana Eka Pada Sarvangasana Halasana Karnapidasana Matsyasana Uttana Padasana	
Savasana		

SECTION 5

5.1 Pranayama

Knowledge, benefits, limitation and applications of :

- a. Sectional Breathing & Full Yogic Breathing
- b. Bhastrika
- c. Anuloma Viloma Pranayama – Surya AV, Chandra AV
- d. Chandrabhedana & Suryabhedhana
- e. Sheetal, Sheetkari, Sadanta
- f. Ujjayi & Bhramari

5.2 Meditation

- a. Familiarity with and Demonstration ability to perform Dharana and Dhyana and to demonstrate allied practices like Mudras, Mantra Japa, Japa Mala, Mantras.
- b. Relaxation Techniques- IRT, QRT, DRT
- c. Familiarity with the concept of environment for meditation and the benefits of meditation on health and well being and its practical application in modern life.
- d. Omkara Dhyana, Avarthana Dhyana (Cyclic Meditation)
- e. Demonstration ability to perform and conduct meditation session

6. Teaching Methodology

6.1 Teaching Environment

To prepare the class room with cleanliness, mat arrangement, sufficient spacing, creating the right ambiance and decorum

6.2 Communication-Knowledge and Demonstration ability

- a. To prepare the course schedule giving due weight age to various aspects of the practice
- b. To teach to a pre-defined script through a standard teaching process
- c. Eight Step Method
 - i. Describing the practice (name, meaning, justification, category, type, counts, comp.postures)
 - ii. Demonstration (silent demo, demo with counts, demo with counts breathing and explanation)
 - iii. Benefits and limitation
 - iv. Single group practice
 - v. Practice in pairs
 - vi. Explanation of Subtle points
 - vii. Whole group practice
 - viii. Interactions
- d. To teach as per the daily plan and the course schedule
- e. To keep records of aspirants enrolled, their attendance & their progress report during the programme
- f. To obtain feedback from the aspirants and make course correction as appropriate
- g. Knowledge and Demonstrated ability to use the four teaching techniques of observation, instructions, touch and demonstration.
- h. The scope of practice of Yoga and how to assess the need for referral to other professional services when needed
- i. Observed capacity for, well-developed communication skills: listening, presence, directive and non-directive dialogue.

6.3 Exposure to different classical and modern schools and teaching traditions



SECTION 7

Internships, Seminars & Workshops

7.1 Introduction to Kids Yoga in schools, Krida Yoga, DISHA in Colleges

7.2 Yoga for social Harmony – in service sector- Seva Basti, Remand Homes, Prison, Special Children, Orphanages, Senior Citizen Homes, Villages etc Teaching Practice

7.3 Assignments & Report Writing

7.4 Conduction of Workshops and attending Seminars and conference

7.5 Evaluation – Adhyatma Examination, QCI, CYAI Examination & Certification